



Lt. Cmdr. Troy Miller pilots a C-12 Huron attached to NSA Bahrain during a routine training flight.



The crew of a C-12 Huron attached to NSA Bahrain performs pre-flight checks.



Lt. Cmdr. Troy Miller and Lt. Brendon Kiely pilot a C-12 Huron attached to NSA Bahrain during a routine training flight.

## Flying the Huron, NSA's Aerial Support

Story and Photos by MC1 Gary Granger Jr.  
Staff Writer

### NAVAL SUPPORT ACTIVITY, Bahrain

— The C-12 Hurons operate out of Naval Support Activity (NSA) Bahrain's aviation unit and are serving as valuable assets to maritime security operations, particularly logistics support, in the U.S. 5th Fleet area of operations.

Lt. Cmdr. Troy Miller, a C-12 pilot assigned to NSA Bahrain, said the three eight-passenger Huron-class aircraft provide high priority, short notice transportation of cargo and personnel for the Navy and Department of Defense with great flexibility.

"We've received a few missions where parts needed to ship that night or first thing in the morning," said Miller. "We had to transport a diesel pump after a C-130 that was originally bringing the part broke down; they had no other way to get it here so we were called on to pick it up because the ship that needed it was stuck in port without it."

Miller also mentioned that requests for C-12 flights have increased this year due to the rising awareness of the aircraft's schedule flexibility. The C-12 is also sought for its ability to carry passengers accompanied by military working dogs, who have any ammunition or weapons with them, and other military equipment or materials since commercial airlines cannot transport these items.

The C-12 can generally reach any location in the area of operation. The aircraft and its crew frequently visit destinations such as Qatar, Kuwait and Dubai in the United Arab Emirates.

Miller said that most weeks the C-12s have flights almost daily due to the schedules of NSA Bahrain and Commander, U.S. Naval Forces Central Command personnel who travel around the area of operations in support of the region's ongoing support of Operation Inherent Resolve, maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of operations.



AWV2 Derek Graner conducts pre-flight checks on a C-12 Huron attached to NSA Bahrain.

Many of these passengers will work operations and cooperation efforts with coalition forces, which conduct throughout the region.



## International Driving Safety

By Lt. Ross Barone  
Installation Safety Director  
and MC2 John Benson  
Staff Writer

**MANAMA, Bahrain** — Believe it or not Naval Support Activity (NSA) Bahrain was originally designed as a pedestrian base. If you've ever wondered why so many of the roads are narrow and seemingly inaccessible, it's because years ago very little traffic was allowed on base. With the NSA II expansion and bridge connecting both sides of base to facilitate movement, NSA is transitioning more and more towards a driving base mentality. This means that a significant number of vehicles are moving on base within inches of pedestrians, including small children, without a

curb for protection.

The Safety Department and Traffic Safety Council have noticed an increase in the number of near misses and mishaps on base involving vehicles. In order to minimize risks for pedestrians, the Safety Department has identified the problem areas and is implementing new safety measures. This includes new speed bumps, traffic signs and stop signs installed around the NSA II bridge in addition to a new stop sign placed at the U.S. Naval Forces Central Command (NAVCENT) roundabout. A project is also underway to install speed bumps in the BANZ area as well.

Since the speed bumps have been installed, there are a few individuals who have developed bad habits. The worst being golf cart and gator

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# Community

## CREDO Bahrain Retreats

The mission of CREDO is to support the regional commander by providing ministry and training that promotes individual, relational, and professional readiness. CREDO programs are based on spirituality and emphasize resiliency through enhanced awareness, personal responsibility and effective decision-making.

### Marriage Enrichment Retreat

The Marriage Enrichment Retreat (MER) is intended to assist married couples in strengthening their relationship skills through a combination of instruction, group and private discussions, exercises, and free time to help each couple reconnect and grow in their relationship. These retreats are held in a relaxed and inviting environment, away from the pressures and distractions of everyday life. The MER is not intended for couples with serious relationship issues, including those who are legally separated, have filed for divorce, or who are currently in the Family Advocacy Program.

### Personal Resilience Retreat

Explore who you are in the present. Understand how the past has shaped who you will be in the future. Consider who you will be in the future. Participants are challenged and empowered to develop skills to enhance their well being in the Physical, Psychological/ Emotional, Social and Spiritual dimensions.

### Upcoming Retreats

11-13 Aug. - Marriage Enrichment Retreat  
25-27 Aug. - Personal Resiliency Retreat

To apply for a retreat contact RPSN Adolfo Saldana.

Location: NSA Bahrain, Bldg. 109 by the Liberty Center and Navy College Office

Phone: (318) 439-6394

Email: [adolfo.saldana@me.navy.mil](mailto:adolfo.saldana@me.navy.mil)

Web: [www.cnicnavy.mil/credoeurope](http://www.cnicnavy.mil/credoeurope), [www.facebook.com/credo.eu](http://www.facebook.com/credo.eu).



## Civilian of the Quarter

Naval Support Activity Bahrain's civilian employees are an extraordinary group of professionals committed to our mission of providing the best services to the Fleet and our community. Lets recognize just a few of our people who continue to go above and beyond. The commanding officer announced our latest Civilian Employees of the Quarter for 1st Quarter, CY 2016. Congratulations on a job, well done!

Category I: Mr. Reji Mathew

Category II: Mr. Crizaldo Estares

Category III: Mr. Vishwanath Bangera



Reji Mathew



Crizaldo Estares



Vishwanath Bangera

## CHECK YOUR VISA EXPIRATION DATE

For more information on visas and CPR cards contact Immigration at 1785-4258.



439-4520

[www.cnic.navy.mil/bahrain](http://www.cnic.navy.mil/bahrain)

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Naval Support Activity Bahrain  
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## Chaplain's Corner

### The Triple-Filter Test



By Chaplain O'Flanagan

LCDR, CHC, USN Command Chaplain NSA

I ask that you consider the following famous story about Socrates written by an unknown author to evaluate your daily interactions. Ask yourself if you improve the life of every person by meeting him or her.

As the story goes...

In ancient Greece, Socrates was reputed to hold knowledge in high esteem. One day an acquaintance met the great philosopher and said, "Do you know what I just heard about your friend?"

"Hold on a minute," Socrates replied. "Before you talk to me about my friend, it might be good idea to take a moment and filter what you're going to say. That's why I call it the triple filter test.

The first filter is Truth. Have you made absolutely sure that what you are about to tell me is true?"

"Well, no," the man said, "actually I just heard about it and..."

"All right," said Socrates. "So you don't really know if it's true or not. Now, let's try the second filter, the filter of Goodness. Is what you are about to tell me about my friend something good?"

"Umm, no, on the contrary..."

"So," Socrates continued, "you want to tell me something bad about my friend, but you're not certain it's true. You may still pass the test because there's one filter left—the filter of usefulness. Is what you want to tell me about my friend going to be useful to me?"

"No, not really."

"Well," concluded Socrates, "if what you want to tell me is neither true, nor good, nor even useful, why tell it to me at all?"

Please do not hesitate to let us know how your Religious Ministries Team may serve you. If you need help please contact us at:

Chaplain Center, Bldg. #23  
DSN: 439-4303

Very Respectfully,  
Chaplain O'Flanagan  
[Thomas.O'Flanagan@me.navy.mil](mailto:Thomas.O'Flanagan@me.navy.mil)



## Do You Know Your Command Ombudsman?

By Scott Ghiringhelli  
Staff Writer

**NAVAL SUPPORT ACTIVITY, Bahrain** — NSA Bahrain Commanding Officer, Capt. Cory Howes, Command Master Chief (CMC) Rudy Johnson, and the Fleet and Family Support Center recognized six graduates from their Ombudsman Basic Training class that took place from July 19 through 21.

All attendees were certified as ombudsman whether they plan to serve immediately or are considering serving sometime in the future.

Rosalie Berrios, the new NSA Bahrain Ombudsman commented on what she felt was most important about the training. "The value that we have as ombudsmen in terms of when a crisis hits or when a family is in distress or are just needing someone that can guide and support them," she said, adding, "How to navigate that system and how to support the families."

Command ombudsmen serve as the liaison between personnel and their command. Not only can ombudsmen help answer questions and direct personnel to resources, they are also an important part of the Family Readiness Coordination Committee (FRCC).

The FRCC is comprised of representatives from tenant commands,

department heads, Morale Welfare and Recreation, Fleet and Family Support Programs, the Navy Exchange, the Family Readiness Group, housing, personal property, command ombudsman and nearly every other service on NSA Bahrain. The committee meets quarterly and serves as a one-stop shop for quality of life and family readiness issues.

"In Bahrain, please don't be afraid to be innovative...take everything that you've learned, plus all of your life experiences, plus all of your Navy experiences, and just be innovative and creative," said Howes to the graduates, "that's what I think Bahrain often times calls for."

The FRCC serves as a primary forum for cross-organizational review and resolution of any individual, family and installation community issues and will ensure the effective ongoing communication to our base population of progress toward solutions. Its primary mission is to help those assigned to NSA Bahrain effectively navigate the challenges of daily living. Specifically, it will address ongoing issues and needs, and share answers to common questions for all personnel and families living or working here in Bahrain.

To identify your command's ombudsman, contact the ombudsman coordinator at extension 4046 or the NSA Bahrain ombudsman at extension 4692.

# NAVY COMMUNITY RECREATION

# AUGUST ITEM HIGHLIGHT



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# Don't Delay. The General Election is on the Way!

By Lt. Meagan Vessels

NSA Bahrain Assistant Installation Voting Assistance Officer

**NAVAL SUPPORT ACTIVITY, Bahrain** — The Republican and Democratic National Conventions have come to a close and the nominees for President and Vice President of the two major parties in the United States are final. If you did not cast a ballot in the primaries, you still have a chance to cast your ballot in the general election. Visit [FVAP.gov](http://FVAP.gov) or your unit's Voting Assistance Officer (VAO) to ensure you don't miss out on your opportunity to shape our future.

The absentee voting process is simple, but it can be lengthy. Between registering or updating your address and casting your ballot, there are a few steps to take. For many voters, the process still requires one or two visits to the post office. Register to vote absentee, update your address or request your ballot with the Federal Post Card Application (FPCA) via mail, email, or fax (dependent on your state's regulations). The FPCA wizard or a VAO will walk you through the required information for your state or territory. If your registration or ballot must be mailed, you should do this at least 4 weeks in advance of the registration or election deadline. Once you submit your registration, your election officials will process it and send your election materials. When you receive your ballot simply fill it out and return it per your state's guidelines. If you do not receive your election ballot within 30 days of the election, simply use the Federal Write-In Absentee Ballot (FWAB) to complete the voting process. [FVAP.gov](http://FVAP.gov) also provides a wizard for the FWAB. You may still submit your official ballot after submitting the FWAB. If it is received by the deadline, your official ballot will be counted in place of the FWAB.

The [FVAP.gov](http://FVAP.gov) site offers voting assistance for service members, their eligible family members and overseas citizens. If you have trouble accessing a computer, find your unit VAO or come to the Installation Voting Assistance Office, located in Building 1, Office 117, for assistance.

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## International Peace Institute



Chaplain Antony Kaniaru represented Naval Support Activity (NSA) Bahrain as part of the local Bahrain clergy who attended the International Peace Institute (IPI) July 27. As a persistent shore presence in the area of responsibility, NSA Bahrain cooperates with its host nation to strengthen relationships and bonds to ensure an increase in peace and prosperity throughout the region. The International Peace Institute (IPI) is an independent, international not-for-profit think tank dedicated to managing risk and building resilience to promote peace, security, and sustainable development.

### DRIVING SAFETY from Page 1

operators who willingly drive on the sidewalk in order to avoid slowing down and passing over the speed bumps. Please be advised that you have been noticed and consider this your warning. The Safety Department is working with Security to implement strict traffic enforcement procedures that will include revoking on-base driving privileges for the aforementioned offenses.

The Safety Department, Traffic Safety Council and Naval Security Forces (NSF) would like to remind everyone that the traffic rules are there for a reason. As a reminder, the speed limit on base is 10 MPH. If you're using one or more wheels (including unicycles and bicycles) to travel onboard NSA, then the motor vehicle rules also apply to you. Similar to most laws back in the United States, talking on cell phones while operating a motor vehicle is also prohibited. Finally, the sidewalks are for pedestrians and motor vehicles must yield to foot traffic at the crosswalks, which have

been recently painted for better visibility.

We must also act in a respectful manner while driving off base. It is our privilege to be ambassadors for the United States while stationed in Bahrain. Keep in mind that, much like America, Bahrain contains a unique blend of cultures as well as driving styles. Not every driver in Bahrain will share the same customs and courtesies. However, always keep in mind that if one obeys the speed limit, provides the minimum safe following distance and avoids distractions (cell phone, food, Pokémon Go) then you are more than ready to drive safe.

At the Safety Department we always welcome input from patrons on base. We encourage all tenants to provide a representative to the Traffic Safety Council meetings. Your observations and ideas help us identify hazards, manage risks and prevent mishaps. If you see something that is unsafe then please notify us via email or Interactive Customer Evaluation (ICE) comment. As always, stay safe and stay alive.

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# Time for School, Is Your Child Vaccinated?

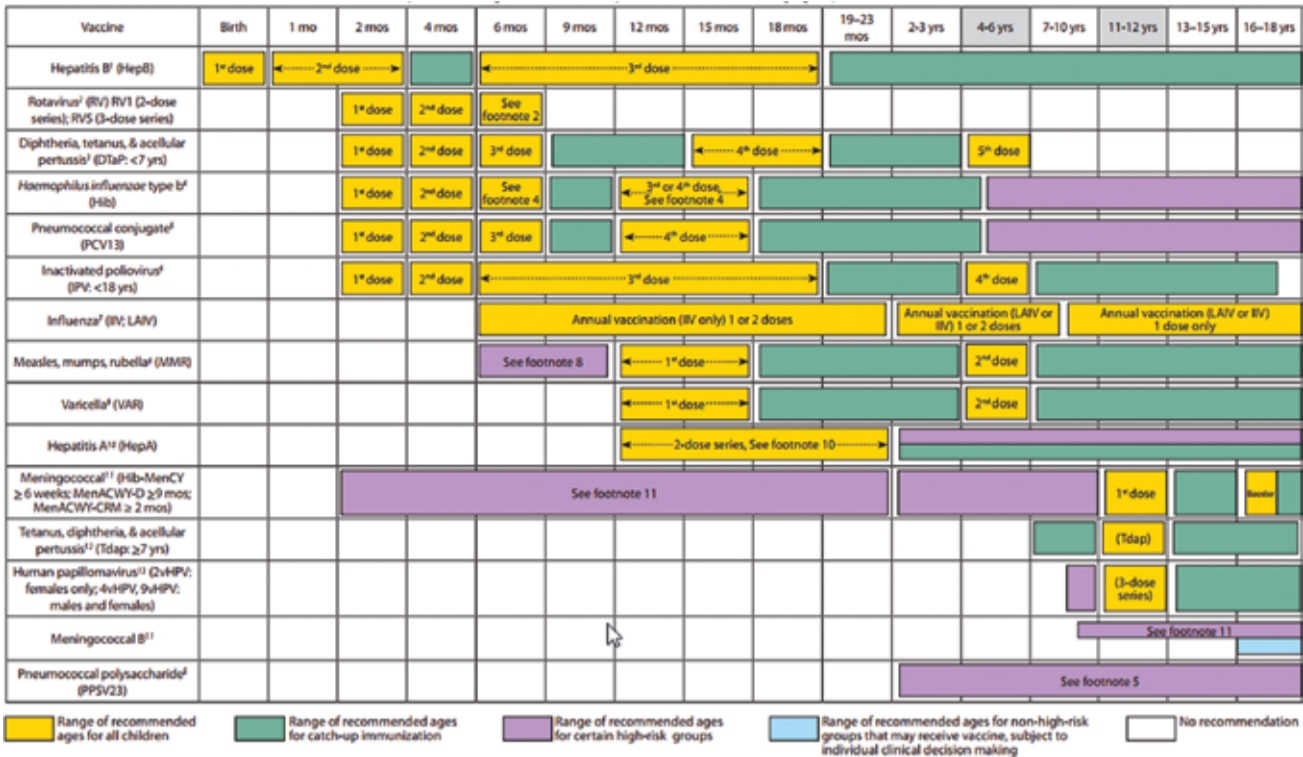
By HM3 Rebecca Stoke  
Naval Branch Health Clinic Bahrain

**NAVAL BRANCH HEALTH CLINIC, Bahrain** — Former President John F. Kennedy said, “Children are the world’s most valuable resource and its best hope for the future.” It is our duty to ensure they are provided with every chance possible to live to their full potential and lead healthy lives. One of the best ways to protect your children is to make sure they have all of their vaccinations. Vaccinations boost the immune system and prevent children from getting sick. Within a few years after birth vaccines are needed to protect them from 14 diseases that are serious or even life threatening.

Parents who choose not to vaccinate their child can risk their child’s life along with other children with whom they come in contact. Even an unvaccinated child can pose a risk toward a high-risk adult with whom they come into contact. For example, take an adult who is being treated for cancer and as a result has a weakened immune system. If they were to catch the common cold, the results could be devastating. It is the same for a child who is not vaccinated and will become a higher risk of catching and spreading harmful diseases.

Currently the U.S. has the safest and most effective vaccine supply in its history. (See [www.cdc.gov](http://www.cdc.gov) for more information on vaccine safety.) Just like medications, vaccines can also cause side effects. The most common vaccine side effects are mild, but the temporary discomfort is well worth it if the vaccination is preventing a much more severe discomfort and life threatening condition.

According to the American Academy of Pediatrics, vaccinations have reduced the number of infections from vaccine-preventable diseases by nearly 90%. Although many of the diseases that we screen for and vaccinate against are not prevalent today, the bacteria and viruses causing the disease still exist. For example, before the Hib (Haemophilus influenza type b) vaccine was developed in the 1980s, there were about 20,000 cases of Hib disease in



the United States a year. Today there are fewer than 100 cases a year. However the bacteria that causes Hib disease still exists. That is why children still need the vaccine to be protected today.

To promote the health of our children, centers of educational excellence all across the world mandate that students have their vaccinations up to date before they can begin attending school. One particular vaccine that is mandatory in the Kingdom of Bahrain for school aged children is the meningococcal vaccine to prevent a Neisseria meningitidis infection. Neisseria meningitidis is a bacterium that is found in the back of the throat of one out of 10 people. This bacterium causes meningitis and is spread from person to person through the exchange of respiratory

secretions through kissing, coughing, or close lengthy contact with a person. Although the meningococcal vaccine is not required for children residing in the U.S., it is approved and safe for young children.

Being at a remote environment, Naval Branch Health Clinic (NBHC) Bahrain works with the U.S. Army Medical Materiel Center, Europe to carry the meningococcal vaccine along with other vaccines that are required for school aged children and adults. The attached chart outlines these vaccinations by age.

Please contact NBHC Bahrain Immunizations staff at 439-8156 if you have questions about vaccine availability or would like to discuss your or your child’s immunizations in person.

# DFSP Salalah Opens to Support US 5th Fleet

By Nicole Chewning  
DLA Energy Middle East

**SALALAH, Oman** — The Defense Fuel Support Point (DFSP) Salalah, Oman, is now open to assist DoD assets in supporting the Global War on Terror and Operation Inherent Resolve. The Defense Logistics Agency (DLA) Energy Middle East, a tenant command located on Naval Support Activity Bahrain, has been working to establish a DFSP in Salalah since 2013. June 6 marked the grand opening of the DFSP.

The DFSP represents three years of close collaboration between a multitude of governmental and commercial organizations in the United States and the Middle East including DLA, Naval Central Command (NAVCENT), Central Command (CENCOM) and Mina Group. The newly commissioned facility builds on the long-standing relationship between Oman and the United States and represents one of the most significant U.S. investments in Oman.

The DFSP will support U.S. Navy logistics vessels in their mission to replenish the NAVCENT fleet enabling freedom of navigation in the Arabian Sea, the Gulf of Aden and the Gulf of Oman. Since June, six commercial vessels have downloaded fuel into the DFSP and two U.S. ships have completed uploads at the strategically located fuel facility.

“This project is a measure of the United States commitment to work with Oman and help Oman realize the benefits of its massive infrastructure development” US Ambassador to Oman, Ambassador Greta Holtz in her correspondence on January 12, 2014 to the Royal Office.

DFSP Salalah is equipped with an A-level testing capable petroleum laboratory, a truck tank issue and off-loading station, and four Marine Loading Arms with servicing capability to two piers allowing for simultaneous multi-vessel and multi-product throughput along the liquid jetty.

DLA Energy Middle Quality Assurance Representatives (QARs) travel from Bahrain to Salalah, Oman to facilitate and observe on-load and off-load operations of commercial tankers through the DFSP. The initial fill was completed by the Ardmore Sealifter and Torm Venture tankers and were quickly followed by uploads from of the USNS Patuxent (T-AO-201) and the first US Navy Warship, guided-missile destroyer USS Mason (DDG 87). Last week, DLA Energy Middle East QARs traveled to Salalah to observe multiple discharges with the Glenda Meredith, and Mercini Lady.

“This multimillion dollar facility meets the highest engineering, environmental and safety industry standards and consists of nine storage tanks with a total capacity of 28 million [U.S. gallons] of JP-5 and 33 million [U.S. gallons] of diesel fuel marine. Our world-class capability is now postured to exceed the needs of our U.S. Navy and DoD customers, and extend our operational reach to support anti-piracy and freedom of navigation operations throughout the Arabian Sea, the Gulf of Aden, and Gulf of Oman.” Col. Marc Thoreson, DLA Energy Middle East Commander

DFSP Salalah is estimated to throughput an annual 24 million U.S. gallons of JP5 and 49 million U.S. gallons of diesel fuel marine in support of the US Navy throughout the 5th Fleet AOR.



Brig. Gen. Mark McLeod, DLA Energy Commander, cuts the ribbon at the DFSP opening ceremony on June 6, 2016.



Brig. Gen. Mark McLeod, DLA Energy Commander, receiving a tour of the Port of Salalah and DFSP.

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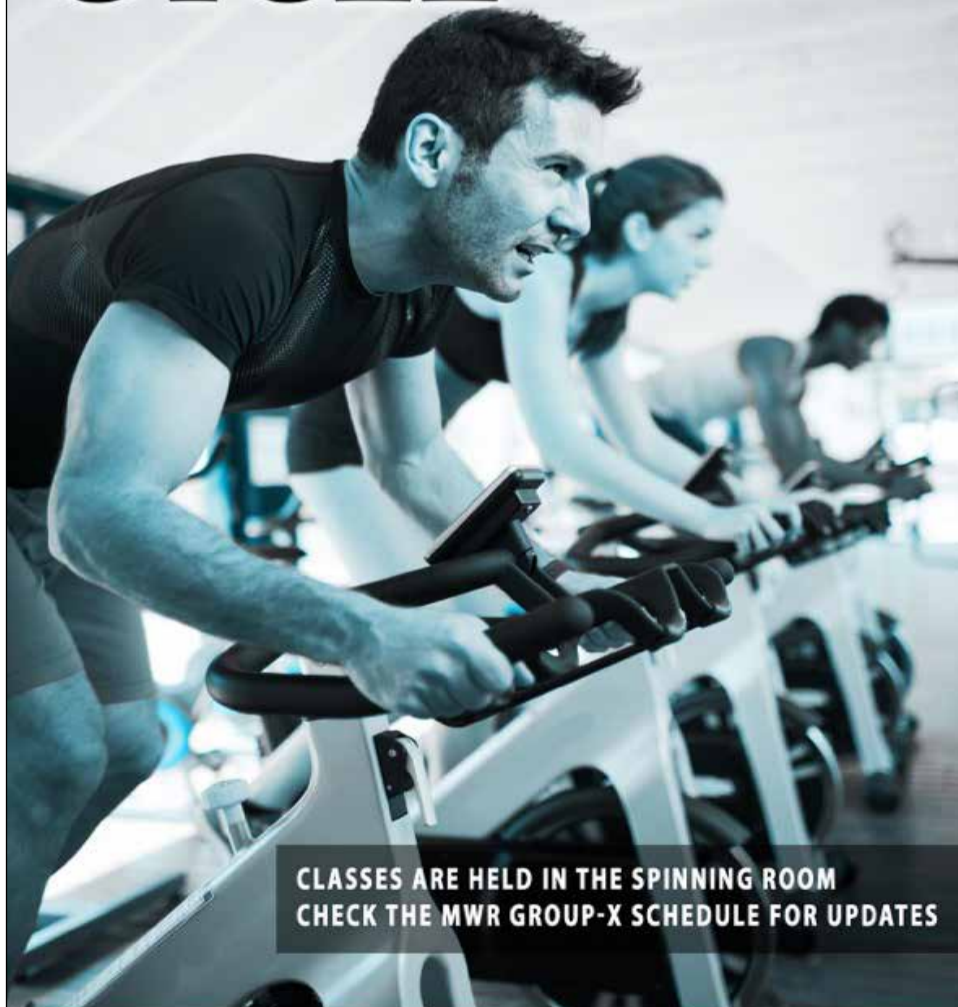


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